

CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

June 18, 2001

NEWS BRIEFS

MORE PHONE NUMBERS

A list of CHS and CFC toll-free numbers is now in the Contact section of the Cabinet Web site at <http://chs.state.ky.us/chs/contact/tollfree.htm>

CHR Complex information is now available in the Employees section of the CHS Intranet at <http://chsnet.2001/employees/chrcomplexinfo/>. Information includes a list of CHS Conference Rooms with contact numbers, Security information, Mail Services, Facilities Management and Food Services.



TIP OF THE WEEK

Are you tired of the inevitable soreness that you feel after a good workout? Good news: Much of that post-exercise muscle ache can be avoided by stretching at the beginning and the end of your workout routine. To stretch properly, warm up your muscles first with 5-10 minutes of easy walking or cycling. Stretch gradually—holding your stretch for about 20 seconds. You should feel tension in the muscles, but a sharp, sudden pain is a sign that you've pushed too far. Stretching reduces the risk of injury and relieves muscle tension and soreness. That'll keep you active and healthy. So, reach for it!

CHS Hosts Brunch Honoring Minority Management Trainees

The Cabinet for Health Services hosted a brunch in honor of the Governor's Minority Management Trainees on June 8 at the Holiday Inn-Capitol Plaza in Frankfort.

The program, which was created in 1995, provides practical training through classroom instruction, on-the-job experience and special projects. The participants have completed the Certificate of Management Fundamentals curriculum of the Certified Public Manager Program offered by the Governmental Services Center, which consisted of 126.50 hours in the classroom plus one applied project and several examinations, as well as attending workshops on issues such as leadership and management.

The graduates of the program are ethnic minorities of African, Asian,



Marcia Morgan

Hispanic or Indian descent, with one or more years of state government service, are qualified for a grade 10 or higher job

classification, aspire to be a manager and have demonstrated exceptional management potential. Participants began classes in July 1999, and will be graduating in July 2001.

Interim Health Services Secretary Marcia R. Morgan served as the master of ceremonies. Secretary Morgan addressed the continued need and importance to attract, train, place, retain and promote a continuous pool
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Stange Honored At Women's Symposium

Carol Stange, the Women's Substance Abuse Program Coordinator in the Department for Mental Health-Mental Retardation Services, recently was honored with a Woman of the Year Award at the *Perseverance for Women Symposium* in Boyd County.

The June 1 conference was sponsored jointly by Pathways, Community Based Services and Vision for the 21st Century.

Stange, who holds a master's in social work and has worked in MH/

MR for 22 years, received the award for her efforts in assisting women and their children with addiction and domestic violence issues.

"Many individuals were nominated for this award, but Carol led the pack with the most votes. She is one in a million. We love her and realize many services for women would not be available if it wasn't for Carol," according to Debbi Bailey, Pathways' women's services supervisor. 

CHS Honors Trainee Pro- gram Members

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of resources for professional and managerial positions in state government. She also showcased the various agencies within the Cabinet and the mission to provide an array of comprehensive services to the citizens of Kentucky.

Norris Beckley, a member of the training program's task force and executive director of the Transportation Cabinet's Office of Minority Affairs, emphasized that the training program is a benchmark model for



Members of the Governor's Minority Management Trainees program stand with various cabinet officials at a brunch sponsored by CHS on June 8 at the Holiday Inn-Capital Plaza.

preparing employees to make a successful transition to management.

Among the trainees honored were two employees from the Cabinet for Health Services, Libby Burks-Weathers, who is employed by the Depart-

ment for Public Health, and Ronald B. Cooper, employed by the Department for Mental Health-Mental Retardation Services. Both spoke on what the program has meant to them. ☒

Information About Frankfort Office Parking Sought

As a follow up to an earlier memo from Secretary Morgan, if you have or require an assigned parking spot, please answer the following questions and return them to the CHS Secretary's Office by Thursday, June 21. Assignments will be confirmed and new assignments made on the basis of this information. This information is necessary to assure that sufficient parking is available to those employees who require reserved parking.

The Cabinet for Health Services, working with the Finance and Administration Cabinet, has the responsibility to provide accessible parking for employees with documented health care needs, as well as clients and visitors.

The original deadline for submission of this information was June 15, but in an effort to make sure every employee has had an opportunity to respond, we are extending the time. Please do not delay if this request for information applies to your situation. All of the information is confidential.

Do you have a parking spot assigned to you by the Finance Cabinet? Yes___ No___

Do you have an accessible (ADA) parking spot assigned to you by the Finance Cabinet? Yes___ No___

What is the location of your assigned space?

Was this assignment permanent or time-limited?

If time-limited, does the need still exist for the assignment?
Yes___ No___

Are you currently parking in a temporary area/space until you receive a permanent assignment?
Yes___ No___

Have you requested, or are in need of an assigned parking spot, and do not currently have one assigned to you? Yes ___ No___

Signature _____

Date _____

Telephone number _____ ☒

The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. View newsletters at the CHS website at: <http://chs.state.ky.us/> Printed with state funds.

